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HOUSEKEEPERS' CHAT

Tuesday, July 7, 1931

(NOT FOR PUBLICATION)

Subject: "A Bigger and Better Radio Cookbook." Information approved by the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes Revised."

--ooOoo--

By this time I'm sure you've all heard the good news that there is a new, enlarged and revised radio recipe book all ready and waiting for you at last. I've been just longing to tell you it was coming, but I didn't dare say a word until it was really here for fear something unforeseen would happen and it wouldn't be printed as soon as we hoped. You know how it is when one gets one's mind all set on receiving a new cookbook and then it doesn't arrive and doesn't arrive. That's awfully disappointing. But at last it's here. Write for "Aunt Sammy's Radio Recipes Revised and we'll send you the latest and fattest green cookbook. Yes, the color is still green. But there is a different design on the cover -- a very modern radio design.

While we're on the subject, I may as well tell you more about this booklet --- what it is, how it came to be written, and what the new edition contains.

Back in 1926 when this radio service for women was just beginning, housekeepers all over the country began to write for copies of the recipes and menus that they had heard given in the radio chats. Of course, you know that these recipes and menus were originated at the Bureau of Home Economics. So, in response to this increasing demand, the first radio cookbook was printed. It first came out in loose-leaf form. Later the bulletin form seemed more convenient. The copy I have on my desk --- the same one which most of you now own --- contains 70 menus and about 300 recipes. It came out in 1927.

Well, our chats have gone on and on, as you know. So have the menus and recipes in them. To keep in step, we have needed for some time a new and larger book. Now we have one, and it contains 400 of the most popular recipes given in the radio chats as well as 90 menus. Each recipe has been tested and re-tested in the Bureau kitchen. Of course, you have guessed who the authors are. Quite right. The Recipe Lady and the former Menu Specialist.

I'd like to mention once again that Aunt Sammy's Radio Recipes, even now in this fourth enlarged edition makes no claim to being a complete cookbook. It merely supplements the information on food preparation given in the other food leaflets and bulletins which are also free on request.



How would you like to take a little journey with me through this new book for the next few minutes? We'll take a look at the different pages as we go to see what new things it has to offer on this great and all-important problem of feeding the family.

The first section is devoted to menus ---- simple, well-balanced, interesting and tempting menus that can be prepared without spending long hours in the kitchen. There are menus suggested for breakfast, and for lunch or supper. Then there are timely dinner menus for each different month in the year. And finally there are special menus for special days ---- New Years, Easter, Thanksgiving and Christmas.

So much for the first section of the book which answers the question: What shall we have to eat?

Now we arrive at the recipe section which answers the question: How shall we prepare it?

Wait a minute, though. I forgot to tell you about a useful little inter-between page which contains two helpful tables ---- one for oven temperatures, another for equivalent measures. When in doubt as to just what temperature is needed when the recipe calls for a moderate oven, turn to page 6 and you'll be reminded that a moderate oven is 325 to 375 degrees Fahrenheit on your oven thermometer. And, when in doubt as to just how many tablespoons in a cup, turn again to page 6 and look at the other table. Sixteen tablespoons make a cup if the measurements are standard as they should be. Of course, all measurements called for in the radio cookbook are level.

The recipes throughout the book are arranged in groups as nearly as possible according to the order in which these dishes would be served at a meal. So, naturally soups and chowders come first. Next, come meats. Twenty-seven meat recipes. Among them old favorites like corned beef hash and beef loaf, made as these dishes should be made for people who appreciate excellent flavor in food. There are also some more recent meat recipes.

Next, come ways of cooking poultry, then fish and shellfish. Egg and cheese dishes next followed by vegetable dishes. Vegetables, you will notice, take up a good many pages. With all those delectable ways of preparing the many different kinds of vegetables, you can always have plenty of these valuable foods on your menu.

The vegetable recipes are arranged alphabetically for convenience. A is for artichokes and asparagus. B is for beans ---- baked, scalloped, lima and string ---- and also for beets, broccoli and Brussels sprouts. C is for cabbage and carrots. This is the way it goes all the way down to V. V is for vegetable combinations, ---- curry, loaf, and au gratin.

Salads and salad dressings follow the vegetables. After that sandwiches and sauces. Biscuits, muffins and breads then take up six pages.

Sweets of different kinds come last, of course. This final section of the book contains first a series of fruit and pudding recipes. Then cakes, cookies and frostings.



At this time of year you'll be interested in what appears on page 122. Here you will come upon ice creams and frozen desserts --- recipes for the good, old-fashioned home-made ice creams, ices and sherbets made by turning the ice-cream freezer. Recipes for mousses and other mixtures frozen without stirring are to be found in a separate leaflet. I'm going to tell you more about them on Friday.

Luxuries and dainties come at the very last of the book. Candies to make at home and finally some choice recipes for jams, preserves and relishes.

There now. The journey is over and the book is closed. But you are introduced, at least, to what is inside and you can learn more when your own copy arrives.

No, I haven't forgotten that I promised you yesterday two mushroom recipes. These directions are suitable for the mushrooms you gather on some early morning walk with the dew still on them. Or for those cultivated ones that can be purchased at the market and should be inexpensive at this time of year. But let me say in advance, that unless you know which wild mushrooms are edible and which are poisonous, it is just as well not to gather them yourself out in the fields, no matter how tempting they look. Neither of these recipes will be successful if made with poisonous toadstools.

If you are interested in the subject, there is a bulletin called, "Some Common Mushrooms and How to Know Them." It contains some very helpful information and excellent illustrations.

Now the recipes. Broiled mushrooms first. Wash the mushrooms, skin the caps, and remove the stems. Place the caps, gill side down, under the flame of the broiling oven for two or three minutes. Turn them, sprinkle them with salt and pepper, and place a small piece of butter in each cap. Broil under the flame a few minutes longer. Lift carefully from the broiler so that the juices are not lost. Serve the broiled mushrooms on hot buttered toast.

For creamed mushrooms, there are six ingredients. I'll list them.

1 pound of mushrooms  
Flour  
2 tablespoons of butter  
1 cup of rich milk or cream  
Salt  
Pepper  
I'll repeat that list. (Repeat.)

Wash the mushrooms and skin the caps. Cut the mushrooms in half or into several pieces, if they are large, slicing down through cap and stem. Lightly flour the sliced mushrooms. Melt the fat in a heavy skillet. Add the floured mushrooms, and brown delicately over moderate heat. As the liquid cooks out of the mushrooms, pour it off and save it to add later. When the mushrooms are well browned, pour in the milk or cream, add the mushroom liquor, salt, and pepper. Now stir until the sauce is of the right consistency. Serve on slices of crisp toast.

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Tomorrow: "Home-Made Fears." And a Menu for the Children.

